articulink

Online speech therapy
Ages 2 to 18

FOR FAMILIES AFTER A FRENECTOMY

Speech therapy after a tongue-tie release

A release frees the tongue. It doesn't teach it new moves. Some children need a little help afterwards with:

Speech sounds

Sounds that need the tongue tip to lift, like "t", "d", "n", "l" and "s", and later "r" and "th", may still need practice. Habits learned while the tongue was tied don't change on their own overnight.

Tongue movement

A release gives the tongue room to move. Learning to lift it, point it and move it side to side with strength and control takes practice, especially for a child who has compensated for years.

Feeding habits

Some children still chew, move food around the mouth or swallow the way they learned before the release, or avoid foods that used to be hard to manage.

What to watch for

Toddlers (2 to 3)

- [ ] Fewer words than other children their age
- [ ] Speech that's hard for family to understand
- [ ] Gagging on, pocketing or avoiding chewy foods
- [ ] The tongue doesn't reach the roof of the mouth when they open wide

Preschool (3 to 5)

- [ ] "T", "d", "n" or "l" sounds that are unclear or swapped
- [ ] Strangers understand less than most of what they say by 4
- [ ] Mouth often open at rest, or mouth breathing
- [ ] Messy or slow eating

School age (6 and up)

- [ ] A lisp, or trouble with "l", "r" or "th"
- [ ] Tongue pushing forward when swallowing
- [ ] Tired jaw or tongue when talking a lot
- [ ] Feeling self-conscious about how they sound

Working alongside your dentist

- We don't diagnose ties or advise on whether to release. That's your dentist's call.
- After a release, follow your dentist's aftercare first. Speech therapy builds on it, focused on sounds, movement and eating.
- Before a release, we can check speech and tongue movement so everyone has a starting point.
- With your consent, we send your dentist updates so their care and ours line up.

Read the full guide, or book a free 15-minute consultation

articu.link/tongue-tie

Questions? Bring them to your free consultation, or see articu.link/questions.

Licensed speech-language pathologists. Ages 2 to 18. No waitlist. Private pay; HSA/FSA accepted.

This page is for general information. Talk with your child's dentist or doctor about their specific needs.